FAST FOOD?
CHICKEN SOUP ON THE TABLE IN LESS THAN 30 MINUTES {page 15}

STAYING CHILD-FREE
SAYING YOU DON'T WANT TO HAVE KIDS NO LONGER TABOO {page 14}

BOSS LADY
THE GUIDETTE IS BUILDING AN EMPIRE {page 12}

WINNIPEG
metro®
Monday, November 7, 2011
www.metronews.ca
News worth sharing.

FRANK FRANKLIN II/THE ASSOCIATED PRESS

Jets crash land

The Jets, fresh off an overtime loss to the New Jersey Devils on Saturday, couldn't put the puck in the net and dropped the game to the Rangers 3-0 {page 18}

▶ Dustin Byfuglien, centre, fights with New York Rangers' Ryan Callahan and Michael Sauer during the first period of last night's game in New York.

1 news

The families of workers killed by exposure to asbestos are begging the Quebec government not to finance the revival of an asbestos mine. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

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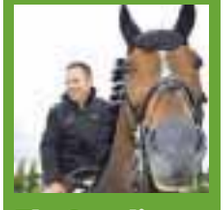

The Canadian equestrian community is mourning Hickstead, a horse that helped rider Eric Lamaze win a pair of Olympic medals. Video at metronews.ca/video.

Follow us on Twitter @metrowinnipeg

Bearly There

The ultimate trip for a science nerd

ELISHA DACEY
@METRONEWS.CA

So, the whole thing started out like this:

Charlotte Empey, Metro editor-in-chief: "Elisha, I know you've got a little one, but we have an opportunity for you to go to Churchill and maybe do a report on polar bears. Just wondering if you'd be interested."

Me: "Forget my kid. I am so in. Thank God I didn't get rid of my Sorels!"

All right, it's not everyone's dream destination. But it's one of mine.

I'm ridiculously excited to say I am heading to the World's Polar Bear Capital for a once-in-a-lifetime opportunity to see the efforts being made by the World Wildlife Federation to ensure polar bears live long enough for my kid's great-grandkids to see them roam.

I leave on Friday and I'm back on Sunday. It's only three days, but what makes it amazing is I get to chat with scientists about the dangers polar bears, and other animals, face thanks to a rapidly melting Arctic. For a science nerd like me, this is like winning a Nobel Prize.

I'm also going to be hanging out with executives from Coca-Cola, who have announced a major donation to the WWF's polar-bear conservation efforts. Rumour has it a celebrity may join us, but that hasn't been confirmed ... yet.

So I'll be blogging about my experiences daily, starting today. You can also follow me on Twitter @elishadacey as I'll be tweeting about the trip whenever I can — the Internet up north can be spotty.

Then you can check out the complete package and story on Nov. 18 online and in our papers, of course.

Excuse me. Have to go dig out my Sorels.

Elisha Dacey is the managing editor of Metro Winnipeg. Reach her at elisha.dacey@metronews.ca.

Flying. Colours

▶ A dancer takes part in the Grand Entry Dance on the final day of the Manito Ahbee festival at the MTS Centre yesterday. The annual five-day event celebrates aboriginal music, arts and culture. A two-day powwow drew more than 800 dancers and 30 drum groups from all over North America.

JAMES TURNER/METRO

Manito Ahbee fest puts the wow in powwow

Economy will suffer if teens drop out: Report

Manitoba's economy will suffer if action is not taken to keep teens in high school, a new report warns.

Gary Hannaford, a spokesman for the Institute of Chartered Accountants, says that, by law, Manitoba teens must stay in school until the age of 18.

But he says the province should look at legislation in New Brunswick, where businesses cannot employ those 18 or younger during school hours.

11 Manitoba's dropout rate of 11 per cent is one of the highest in Canada.

He says combining the two would be an effective way to keep students in the classroom.

The institute says Manitoba employers need skilled workers and if they can't find them, they will look outside the province.

THE CANADIAN PRESS

News in brief

Pregnancy bias on rise: MHRC

WORKPLACE INEQUITY. Complaints based on pregnancy have emerged as a new trend in recent years, the Manitoba Human Rights Commission says.

The commission's annual report says 36 per cent of sex-related complaints filed in 2008 involved pregnancy discrimination.

Dianna Scarth, the commission's executive director, says that figure rose to 67 per cent in 2009, but slipped to 50 per cent last year.

The complaints have ranged from pregnant women who say they were unjustly fired to women who felt their bosses were treating them unfairly in the workplace.

Scarth says vulnerable groups are often the first to get pink slips when the job market tightens.

The commission's annual report also says the number of complaints filed on the basis of mental disability is also on the rise.

THE CANADIAN PRESS

NAfro. Dance

▶ Casimiro Nhussi, artistic director and choreographer of NAfro Dance Productions, pumps up the crowd at the Gas Station Arts Centre yesterday. It was the final performance of Patana, the company's latest work, mixing dance, African symbolism and pop music.

JAMES TURNER/METRO

African dance party pumps up crowd

Suspect nabbed after dangerous car chase

'This individual really put a lot of people at risk,' police say Trent Minski was also wanted last year

JAMES TURNER
@METRONEWS.CA

A suspected fraud artist wanted by police has been nabbed — but not before he allegedly led officers on a dangerous chase that ended in a crash on St. Mary's Road.

Trent Nicholas Minski is back in the Winnipeg Remand Centre today charged with a slew of crimes of deceit, drug possession and bail-related breaches.

Just over a week ago police issued a public plea to help locate the 27-year-old.

CONTRIBUTED

▶ Trent Minski

A woman in the Old St. Vital area phoned 911 Saturday evening to say her purse was stolen from her car.

The details she offered about a fleeing vehicle led patrolling officers to try and pull over a suspect car not long after.

However, the vehicle took off at speeds of roughly 80 km/h and didn't stop until it ran a stop sign at Lyndale Drive and St. Mary's and T-boned another car, said Const. Jason Michalyshen.

Minski was arrested at the scene and a police dog tracked a passenger who fled on foot, Michalyshen said.

Both suspects suffered minor injuries in the crash, said police.

Lawsuit in ER death should be dismissed: Province

The province of Manitoba is asking a judge to dismiss a lawsuit filed by relatives of a homeless man who died during a 34-hour wait in an emergency room.

The province says the Charter of Rights and Freedoms does not guarantee a right to life, liberty and security — the argument being made by the family.

Provincial lawyers say Brian Sinclair lost those rights when he died in the ER at Winnipeg's Health Sciences Centre in September 2008.

The same argument is being made by the Winnipeg Regional Health Authority which runs the hospital.

Lawyers for the Sinclair family have "mischaracterized the right protected" by the charter, the province says.

"It does not guarantee a right to life, liberty and security of the person," court documents state. "It guarantees a right not to be deprived of life, liberty and security of the person in accordance with the principles of fundamental justice."

Lawyers compare Sinclair's case to that of an Ontario resident who died after being bitten by a mosquito infected with West Nile Virus. The family's lawyers argued the Ontario government should have prevented the outbreak, but the court found Ontario did not owe a personal duty of care to the victim.

The Sinclair family's lawyers say the arguments are offensive and are based on a "perverse" interpretation of the charter.

"Imperilling the safety of the public in such a way that someone as vulnerable as Brian Sinclair arbitrarily would not get any medical treatment or attention as he waited in a Manitoba hospital emergency room for 34 hours, in pain, vomiting, and dying, is not in accordance with any conceivable principle of fundamental justice.

THE CANADIAN PRESS

What happened

- Sinclair, a 45-year-old double amputee, died of a treatable bladder infection while waiting for care.
- Security tape showed he went to the triage desk and spoke to an aide before wheeling himself into the waiting room.
- Thirty-three hours later, someone in the waiting room approached a security guard to say it appeared Sinclair was dead.

Elderly gardener's shot misses target

For nearly 40 years, he ran a successful Manitoba gardening business — learning first-hand the damage that rascally rabbits do if left to forage in foliage unchecked.

But an elderly retiree's efforts to stop a hungry bunny from chewing a backyard tree caused an alarming mishap after a rifle bullet wound up in his Southdale neighbour's living room wall.

The 80-year-old man recently appeared before Judge Ted Lismer to plead guilty to careless use of a firearm in connection to the Feb. 26 incident.

Lismer was told the senior was outside at 7:30 a.m. targeting the interloping critter with a .22-calibre rifle when a shot sailed through his fence, through his neighbour's door and into the wall right by where their communal telephone is.

At first, the elderly married couple living there thought an appliance had exploded, Lismer heard.

They called police after finding the bullet hole. Officers arrived and traced the shot back to the man, who immediately owned up to what had happened, and was "extremely remorseful," according to defence lawyer, Bruce Bonney.

"It was a mistake ... a one-shot affair," Bonney said. He has no prior record and quickly paid for the damage.

Lismer sentenced the man to a one-year conditional discharge, meaning he won't have a criminal record if he completes the probationary period. JAMES TURNER

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Activist says he was Tasered

Canadian professor says he's bruised but 'basically OK' after trying to run Israeli naval blockade

MIKE ARSENAULT
OTTAWA@METRONEWS.CA
METRO CANADA IN LONDON, ONT.

A Canadian linguistics professor aboard a ship seized by Israeli forces while attempting to run a naval blockade of Gaza said yesterday he was Tasered while being taken into custody.

David Heap, 45, a professor at the University of Western Ontario, was working with the Canadian Boat to Gaza — a group aiming to stop the Israeli-backed naval blockade of Gaza — when he and about 20 others were taken captive.

During a visit with lawyers in his prison cell, Heap managed to draft a letter informing people of the activists' ordeal. The letter was posted on the Canadian Boat to Gaza's website, Tahrir.ca.

One of the other Canadians detained, Montrealer Ehab Lotayef, was imprisoned with Heap, the statement suggested. The third Canadian, Torontonian Karen DeVito, was apparently held separately.

Israel says the blockade, enacted back in 2007, is designed to prevent weapons from being smuggled into the Mediterranean port.

WITH FILES FROM THE CANADIAN PRESS

Reaction

- A spokesman for Foreign Affairs Minister John Baird says diplomats were closely watching the situation and "liaising with Israeli authorities" to provide consular assistance.
- Baird has warned in the past that Canada can't protect Canadians who break the laws of other countries.

Britain. Investigation

▶ Emergency services continue to attend the scene of a multiple fatal collision near Junction 25 on the M5 motorway, Saturday, in Taunton, England.

MATT CARDY/GETTY IMAGES

Fireworks may have caused horrific crash

Police investigating the cause of a 34-car pile-up on a major British highway that killed seven people and injured 51 are focusing on a fireworks display near the accident site. Initial reports suggested fog and wet road surfaces were partly to blame for the huge collision, but police said they have now zeroed in on the fireworks show after evidence taken from witnesses indicated that black smoke emerging from it may be the main culprit. Rescue workers have described the road accident as one of the deadliest in the country in years.

Man accused of throwing woman, kids over balcony

A man has been charged with three counts of attempted murder after a woman and her two young children plunged off a fourth-floor balcony in Toronto's east end.

Toronto Police Staff Sergeant Mike Ervick says the children — a two-year-old and an eight-month-old infant — suffered life-threatening injuries, but adds that doctors at Sick Kids Hospital are hopeful both will survive.

He says their mother, believed to be in her thirties, is being treated for serious injuries at a Toronto hospital, but is expected to recover.

The 27-year-old man accused in yesterday afternoon's incident also went over the balcony but wasn't hurt in his fall.

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ A man allegedly threw a woman and two children through this fourth floor window in Toronto.

Police aren't releasing his name to protect the identity of the victims.

He made a brief appearance in court this morning and has been remanded into custody.

Police say he is charged with three counts of attempted murder, three counts of aggravated assault, one count of an attempt to disarm a police officer and two counts of assault attempt to resist arrest.

There's been no official word on the suspect's relationship to the victims.

Grief councillors are being made available to talk to anyone who witnessed yesterday's traumatic events, including police.

TORSTAR NEWS SERVICE

Weekend violence leads to U.S. warning

U.S. officials warned yesterday that luxury hotels frequented by foreigners and Nigeria's elite may be bombed by a radical Muslim sect as the death toll from attacks in the country rose to more than 100.

The warning shows how seriously diplomats take the threat posed by the outlawed Islamist group known locally as Boko Haram, which previously bombed the U.N. headquarters in the capital, Abuja, killing 24.

THE ASSOCIATED PRESS

Newspaper office set on fire

More than a dozen people barged into the offices of a newspaper in central Mexico yesterday, dousing it with gasoline and setting it aflame.

Veracruz state Deputy Attorney General Enoch Maldonado said no injuries have been reported following the attack on the newspaper El Buen Tono in Cordoba, about 210 kilometres east of Mexico City. About 20 employees were inside at the time.

The newspaper, which began publishing a month ago, has sharply criticized some local authorities.

THE ASSOCIATED PRESS

Drug dealer turns informing into cash

The conviction of an ex-Soviet officer known at the Merchant of Death can be credited in part to the work of a U.S. informant who has made more than $9 million for his undercover work over the past 15 years.

Carlos Sagastume was a star witness at the weapons sale trial of Viktor Bout. The federal court trial ended Wednesday with a conviction that could land Bout in prison for the rest of his life.

THE ASSOCIATED PRESS

Colourful. Salesperson

▶ An Afghan youth tries to sell balloons in a street in Kabul yesterday, the first day of Eid-al-Adha.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Muslims worldwide celebrate Eid

Eid al-Adha is an important religious holiday celebrated by Muslims worldwide to commemorate the willingness of Prophet Ibrahim to sacrifice his son as an act of obedience to God.

Tax files disappear

Auditor took home thousands of unecrypted files

The confidential tax files of almost 2,700 Canadians are missing after a Canada Revenue Agency worker took them home and let a friend download them to a laptop.

The laptop has disappeared, the agency is scrambling to rewrite its security protocols and the privacy commissioner is asking why no one alerted her to the breach in confidentiality.

The major breach occurred in early 2006, when an auditor in the agency's Toronto office asked a government computer technician to download 37,488 of her emails and 776 documents onto 16 CDs. The confidential material covered the years 2000 to 2006, and was not encrypted as required by agency rules.

ATI request

- The investigation report, along with related documents, was obtained under the Access to Information Act.

The woman took the CDs home, and let a male friend copy at least one to a laptop. THE CANADIAN PRESS

Death toll rises as floods advance in Thailand

AARON FAVILA/THE ASSOCIATED PRESS

▶ A Thai boy swims near a mall along flooded streets in Bangkok, Thailand, yesterday.

The death toll from Thailand's worst floods in half a century climbed above 500, as advancing pools of polluted black water threatened Bangkok's subway system early this morning and new evacuations were ordered in the sprawling capital.

The latest district added to the government's evacuation list late yesterday was Chatuchak, home to a large public park and an outdoor shopping zone that is a major tourist attraction. The Chatuchak Weekend Market was open but missing many vendors and customers Sunday as floodwaters poured past the market's eastern edge.

So far, Bangkok Gov. Sukhumbhand Paribatra has ordered evacuations in 11 of Bangkok's 50 districts, and partial evacuations apply in seven more.

The evacuations are not mandatory, and most people are staying to protect homes and businesses. But the orders illustrate how far flooding has progressed into the city and how powerless the government has been to stop it.

$3.3B
Prime Minister Yingluck Shinawatra says a plan to be put before the cabinet tomorrow would allocate 100 billion baht ($3.3 billion US) for post-flood reconstruction.

Chatuchak, just a few kilometres north of Bangkok's still-unaffected central business zone, is home to the government's national emergency flood relief headquarters. It is housed in the Energy Ministry — a building now surrounded by water.

Relentless rainfall has pummeled vast swaths of Thailand since late July, swamping the country and killing 506 people, according to the latest government statistics.

Most victims have drowned, while a handful died from flood-related electrocutions.

No deaths have been reported in Bangkok. The nearby province of Ayutthaya, which has been submerged for more than one month, has the highest toll with 90 reported dead.

Yesterday, cars sloshed through a flooded road underneath Chatuchak's Mo Chit Skytrain station, the northernmost stop on the capital's elevated train system. Floodwaters also reached roads at three subway stops in northern Bangkok. Both mass transit networks are functioning normally, though some exits have been barricaded and closed.

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Ottawa protester claims he was scammed at camp

A vulnerable young man who says he was conned into putting a $600 on his credit card will likely get his money back after he spoke up about the fraud this weekend.

Kader Diabate, a 19-year-old Occupy Ottawa protester, said a man who was also staying at Occupy camp offered to get him a free phone and took him to the Telus store at a downtown mall last Saturday.

"But actually the phone wasn't free," he said.

Diabate used his credit card, but the phone wasn't set up in his name and when the fraudster returned to the camp he kept the phone.

The man promised to pay Diabate back but left the camp a couple of days later without paying and now is nowhere to be found.

Diabate filed a police report and spoke with a Telus representative on Saturday.

JESSICA SMITH IN OTTAWA

Halifax protesters hold ground

Nova Scotia protesters remained in Grand Parade yesterday, even though Mayor Peter Kelly had asked they be out of the area by Saturday night for the upcoming Remembrance Day and Dignity Day ceremonies.

"We're making a political statement by staying longer than the 6th," said John Thibeau, a spokesperson for Occupy Nova Scotia.

The occupiers say they will completely vacate in time for the ceremonies on Wednesday. METRO

Occupy party over for mayor

- Vancouver mayor has instructed city officials to look at closing the site safely and peacefully
- Woman's death points to camp safety risk

The death of a woman at the Occupy Vancouver camp means the site has become so unsafe that it must be shut down as soon as possible, says Vancouver's mayor.

The 20-year-old woman was found unresponsive in a tent at the site in front of the Vancouver Art Gallery on Saturday afternoon, two days after a man suffered a non-fatal overdose at the encampment.

"There is a serious problem here and we want to address it urgently," said Mayor Gregor Robertson. The woman's death is tragic and is also upsetting for him because he has a 20-year-old daughter, he said.

Occupy Vancouver supporters tried to drown him out as he spoke to reporters, with one woman shouting that at least his daughter has a home.

"I think the protest on the really important issues that many of us are passionate about is being undermined by a tent camp and the issues around the right to camp on public space, which is really unfortunate," Robertson said. THE CANADIAN PRESS

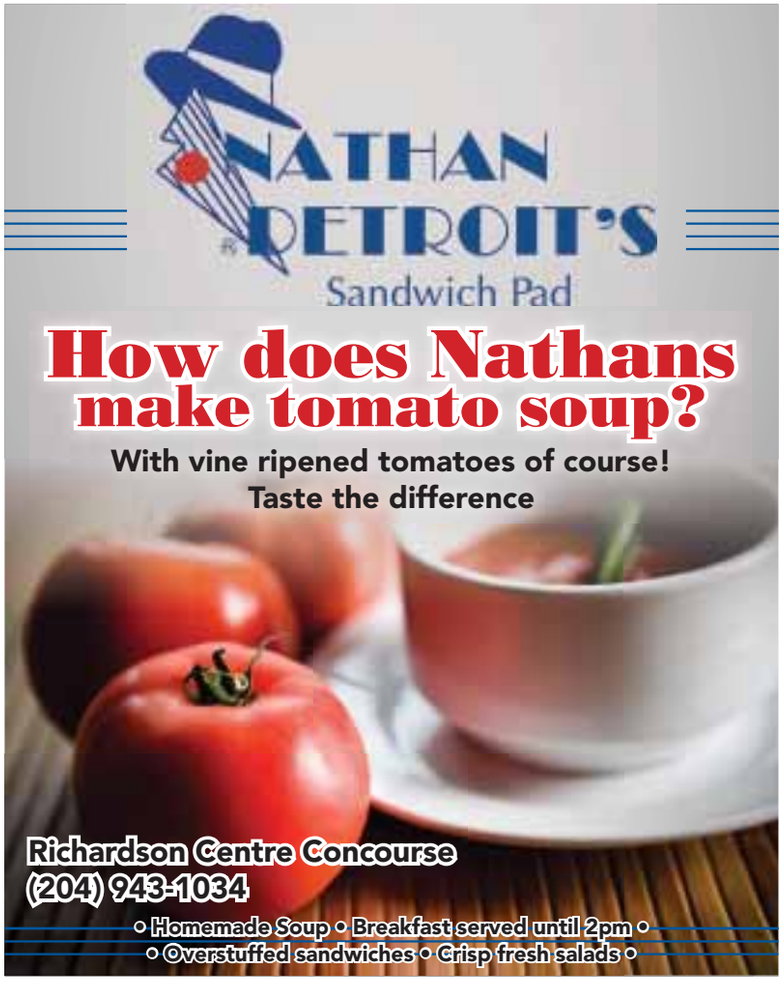
DARRYL DYCK/THE CANADIAN PRESS

▶ Police officers and city officials stand at an entrance to the Occupy Vancouver site last Saturday. A woman at the protest camp died Saturday afternoon.

Occupy issues

Robertson said the city is looking at a number of options that includes a possible injunction to end the encampment.

- **The fire department** has ordered campers to take safety precautions such as spacing tents further apart, but their words have been ignored.
- **Vancouver police won't** release the woman's cause of death or her identity as they try to contact her family.
- **But, several people at the** protest site said she died of a drug overdose and heckled the mayor over public funding.
- **The Occupy Vancouver site** has become a major issue in the lead up to this month's civic election as Robertson vies to keep his job.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Canadian veteran to continue hunger strike

A military vet who began a hunger strike on Saturday still hasn't had any food after rejecting an offer for treatment from Veterans Affairs Minister Steven Blaney.

Pascal Lacoste said yesterday he won't have another bite to eat until the federal government recognizes that he and countless other soldiers were poisoned while serving overseas. He says he's prepared to die if that's what it takes.

Lacoste blames his own declining health, which includes chronic pain and a degenerative neurological disorder, on depleted-uranium poisoning he believes he contracted in Bosnia in the 1990s.

He started his hunger strike on Saturday at noon at Blaney's riding office in this community across the St. Lawrence River from Quebec City.

Blaney met with Lacoste early Sunday and promised that medical specialists would provide him with the treatment he requires.

"The minister implores the veteran not to endanger his health and to accept the treatments which have been offered to respond to his short- and medium-term needs," said Blaney's spokesman Jean-Christophe de le Rue.

After meeting with the specialists, however, Lacoste said he had decided to continue the hunger strike because he didn't only want treatment for himself.

He wants recognition that other soldiers have been poisoned with depleted uranium, some of whom he says don't even know it.

"We're doing this for all the Canadian veterans who suffer from this problem at home in silence," Lacoste, a 38-year-old Quebec City resident, said by phone Sunday evening.

He acknowledged he was offered "tests in a reputable clinic and any treatment that would be required" but refused, saying "an offer just for me is unacceptable." THE CANADIAN PRESS

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ Pascal Lacoste speaks to his mother while sitting in his SUV in Levis, Que., yesterday. Lacoste, a former soldier who says he was poisoned while serving overseas, started a hunger strike on Saturday.

Joining hands against the pipeline

Thousands of protesters, including a Nobel laureate and a movie star, marched around the White House yesterday in opposition to TransCanada's Keystone XL pipeline.

It's the latest in a series of White House protests aimed at convincing U.S. President Barack Obama to block the $7-billion project that would carry Alberta oilsands crude through six American states to Gulf Coast refineries.

Mark Ruffalo, nominated for an Academy Award last year, and Jody Williams, winner of the 1997 Nobel Peace Prize for her work on banning landmines, were among a sea of protesters who marched along several city blocks before joining hands to surround the White House. Police on the scene estimated the crowd was about 5,000 strong.

The U.S. State Department will make the ruling because the pipeline crosses an international border. The president has said the final decision will reflect his views and he isn't swayed by the argument that it will create thousands of jobs. The State Department suggested it might defer a decision to assess whether Keystone XL is in the U.S. national interest.

Opponents point to a series of recent spills along oil pipelines, arguing that the project is a disaster waiting to happen, since it would carry millions of barrels a week of carbon-intensive oilsands crude to environmentally fragile areas of the U.S. Great Plains.

THE ASSOCIATED PRESS

EVAN VUCCI/THE ASSOCIATED PRESS

▶ Demonstrators march with a replica of a pipeline during a protest against the Keystone XL Pipeline outside the White House yesterday in Washington.

Market moment

PRICES AS OF 5 P.M. FRIDAY

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Bosnia 13.9 ¢/min	Italy 1.9 ¢/min	Sri Lanka 9.9 ¢/min
China 1.9 ¢/min	Lebanon 7.9 ¢/min	Trinidad 4.9 ¢/min
Colombia from 3.9 ¢/min	Mexico from 1.9 ¢/min	U.A.E 14.9 ¢/min
Cuba 89.9 ¢/min	Pakistan 5.9 ¢/min	U.K 2.9 ¢/min
El Salvador 9.9 ¢/min	Philippines 11.9 ¢/min	Vietnam 4.9 ¢/min
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WHAT IF TRANSIT WERE FREE?

URBAN COMPASS

COLIN FAST
METRO WINNIPEG

As sure as the arrival of the ice and snow, this time of year always brings unpleasant news about how much the city plans to jack up bus fares.

This year, Winnipeg Transit is asking for a five-cent increase to the basic fare, taking it up to $2.45 for a one-way trip. Passes and tickets will go up accordingly.

If approved, this will mean that fares have gone up about 36 per cent since Mayor Katz took office in 2004, or about two and a half times the rate of inflation over that period.

Amazingly, ridership has actually increased despite the rate hikes. While transit officials credit service improvements, it's far more likely that rising fuel costs, rising awareness of environmental issues and changing commuting patterns are really the cause. And even with several years of growth, ridership is just now back up to what it was 20 years ago.

"Politicians and policy makers like to roll out expensive plans to build rapid transit to attract even more riders, but I have to wonder why no one is talking about the one surefire way to boost transit use."

Politicians and policy makers like to roll out expensive plans to build rapid transit to attract even more riders, but I have to wonder why no one is talking about the one surefire way to boost transit use.

What if it were free?

Now, I can already hear drivers howling in outrage about the idea of transit users getting a "free ride." But the reality is that drivers have been getting their own free ride for years.

This city spends tens of millions on planning, building and maintaining roads every year, primarily for the benefit of private automobile owners.

The new Transportation Master Plan calls for $2.1 billion in new roads and bridges to be built over the next 20 years. Billions more will be needed to maintain our existing crumbling streets.

But we could potentially save much of that expense if we could simply get more people out of their cars and on to transit.

It wouldn't be cheap; we'd need more buses, more drivers and more public-operating subsidies. But the benefits are clear. It would reduce traffic congestion, speed up everyone's commute and eliminate the need for more road capacity. It would benefit the environment, encourage more compact development and enhance mobility for people who can't drive or afford a car.

Sure, this might be a bold (or crazy) idea, but it would be nice to see a few more of those from city hall rather than just a nickel-and-dime approach to running essential services.

Colin Fast is a corporate communicator who blogs about life in Winnipeg at policyfrog.com.

Shoeboxes will go a long way to help those in need

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Back in September, Portage la Prairie resident Yvonne Rempel organized an Operation Christmas Child dessert night featuring speakers who had actually travelled in-person to deliver shoeboxes of supplies to children in need.

Sharing their inspiring experiences that evening helped raise local awareness of the program.

Now, it's time for action, as the program ramps up for needy children in Costa Rica, Uruguay and Nicaragua.

"We are hoping to have 2,500 shoeboxes from the Portage area to beat the amount we received last year," says Rempel.

To participate, just pick up a shoebox at the Portage Alliance Church, fill it with items such as school supplies, toothbrushes or toys, and drop it off at the church between Nov. 21–27.

CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@ArkinKauf:** Can't believe I'm cheering for Winnipeg to win the Grey Cup. #CFL #GoBlueGo #StillBleedingGreenand White
- **@AlexBrink10:** Thanks for everyone's support! In the airport waiting to board..can't wait to get back to Winnipeg! #GoBlue
- **@aurapeeler:** an emergency trip to winnipeg is needed right now. I need cute cozy winter clothes. and some mitts.
- **@beeSkitzo:** I've lived in Winnipeg my whole life, I'm ready for #-40andsnowing. No more of this 2 and raining bulls—.
- **@Deborah_Bowers:** Dear Mother Nature: I live in Winnipeg, not Vancouver. Just sayin'. Thanks.
- **@PayChen:** Shut your face. RT @metrowinnipeg: Sorry, #Winnipeg, but expect to see snow by morning: http://t.co/eMtL83rJ
- **@QuestMusique:** Hey #Winnipeg, the weather is changing, make sure you are humidifying your guitars!
- **@reena_walks:** This will be a long ride back to Winnipeg! Proud of my U16 magic girls this weekend placing 3rd out of 8 teams #bustrips #ringette

photo of the day

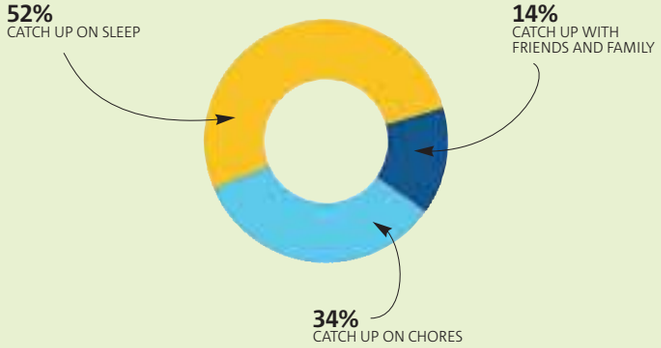
▶ This photo titled Autumn Wait at the Banff Train Station was submitted to the Imagination category by stcarson.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

Panel

Register at metropolitanpanel.ca and take the quick poll

What would you do with an extra hour every week?



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Love on the rocks

Move over Kim Kardashian. Musical uncouplings are taking centre stage, with a number of breakups announced over the last month Singing about love doesn't mean you're good at it

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

KEVIN WINTER/GETTY IMAGES

Actress and She & Him singer Zooey Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation last week after two years of marriage.

While Kim Kardashian runs unchallenged for most important divorce in the universe, elsewhere in the entertainment industry there have been a few other quiet uncouplings that are no less newsworthy.

In mid-October, Sonic Youth figureheads Thurston Moore and Kim Gordon announced that they're separating after 27 years of marriage. Last week, actress and She & Him singer Zooey Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation after two years of marriage.

For some reason, musical romances seem to be more legitimate than Hollywood marriages. Perhaps because the resumé bullet points of a songwriter include exploring the essence of love and giving hope to the masses. And when those people find love in their own personal lives, it makes everyone happy.

But musical couplings seem rife with hazards and a history of rock relationships being, well, rocky.

Within the pop pairings there are more Bobby Brown and Whitney Houston examples than there are successful ones like Arcade Fire's Win Butler and Regine Chassagne.

If both partners are leaders in their bands, they obviously have strong personalities. And if they're in the same band, that's even more challenging.

Glen Hansard and Marketa Irglova made a lovely musical couple in the movie Once, and in their band, the Swell Season, the pair made a convincing case for the existence of true love. But when we spoke with Hansard a few years ago, he said the romance route was not productive for their art: "We kind of tried it out, and decided it wasn't for us."

Blake Hazard and John Dragonetti continue to shine as a beacon of wedded hope. In their band, the Submarines, they lyrically lay out their quarrels.

"Without getting into it too much, it's been up and down," said Dragonetti when we spoke to him this past spring. "We're trying to figure it out. It gives us stuff to write about."

Hazard chimed in, "I don't think there's quite a way for writing about things without pulling any punches."

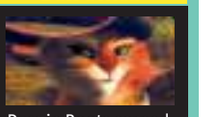
'Rock Wit U'

Other musical couplings still going strong:

- Alicia Keys and Swizz Beatz
- Ryan Adams and Mandy Moore
- Jason Hammel and Kori Gardner of Mates of State
- Ira Kaplan and Georgia Hubley of Yo La Tengo
- Bruce Springsteen and Patti Scialfa
- Elvis Costello and Diana Krall

2 scene

Box office



Puss in Boots earned $33 million in its second weekend, according to studio estimates Sunday. Tower Heist starring Ben Stiller and Eddie Murphy palmed $25.1 million in the No. 2 spot, while the R-rated sequel A Very Harold & Kamar 3D unwrapped $13 million at No. 3.
THE ASSOCIATED PRESS

Marvel bringing most of its titles to digital the same day they go on sale in shops in 2012.

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The Snooki empire keeps on growing

Metro catches up with Jersey Shore's leading guidette

CASSANDRA GARRISON
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

You know her as the gorilla-loving, boardwalk-dancing, fluffy boot-wearing meatball guidette on The Jersey Shore, but there is much more to Nicole "Snooki" Polizzi than hairspray and sequins.

The self-proclaimed "boss lady" is in the process of creating an empire, complete with Snooki-branded products and best-selling books.

Metro caught up with her at the launch of her newest venture — her very own fragrance (called, of course, Snooki).

What made you decide to launch your own fragrance?

I get a lot of opportunities to do a lot of things and I have always loved perfume since I was 13. I could never really find the right scent for me.

I would even try to mix Britney Spears with Juicy and just try to make the right scent but I could never find it.

And just the fact that I got to make my own perfume and have the scent that I wanted, and I think everyone else is going to enjoy it, it's great.

Is it Jionni-approved?

I definitely wanted Jionni to like it, because if he likes it, I know all the guys are going to like it.

So the fact that he loves it and he didn't even know it was mine, I knew I had it.

GETTY IMAGES

▶ Snooki now has her own fragrance. Its name? Snooki, of course.

Tell us about your new book Confessions of a Guidette.

It's different from my first, 'cause my first was a novel. This book is kind of like a how-to. A lot of people asked me where I get my fashion, or for tips on guys, tips on friends. So everything that people always ask me is in the book.

Anything you can tell us about season five of The Jersey Shore? What's the drama like?

I wouldn't say it's dramatic. Obviously, there is going to be drama, but it's a lot more fun. It's back to being fun and laughing with each other, because Italy was just very crazy with drama. I hardly had fun.

I was just homesick and wanted to be back. So the fact that we went straight to Jersey and filmed the next season, you're just going to see us so happy to be back at home.

How often do you hang out with your castmates when you guys aren't filming?

It's really hard because Pauly is DJing and everybody is doing their own thing. Jenni is promoting a lot of her stuff so it's really hard to see each other.

What's nice is when we do go to MTV together to promote the show or something, that's when we all see each other.

How are things between you and Mike, "The Situation"? Have you smoothed things out?

You're going to have to wait till the next season, but it's not a surprise that I don't like him.

You look amazing! What do you tell people when they ask you how you lost weight?

I stopped drinking. I hardly drink when we're not filming the show, so that helped a lot.

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THE WOMAN CAUSING THE BIEBER DRAMA

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

It looks like Mariah Yeater, the woman claiming to be Justin Bieber's baby mama, has a rap sheet.

Here is a booking photo, taken last year on Dec. 21, in Las Vegas, when she was arrested for battery domestic violence, injury/destroying property and threatening telephone calls.

The reason for the hubbub? Apparently Yeater showed up at an old boyfriend's home, claiming she was pregnant by him (it is assumed it is the same baby that she later claimed Bieber fathered).

▶ Mariah Yeater

A fight broke out, Yeater assaulted the guy, and she was arrested, according to TMZ.com. Of course, this doesn't mean Yeater isn't telling the truth about Bieber but it certainly puts a dent in her credibility.

There is no word on when the paternity test is scheduled for but maybe instead of blood work, they should just see if that baby can dance like Usher? That should settle things.

FOLLOW DOROTHY ROBINSON ON TWITTER @DOROTHYATMETRO

Did baby mama claims drive Biebs and Gomez apart?

- **Justin's camp on damage control**
- **Selena's rep denies the breakup**

Selena Gomez has reportedly split from Justin Bieber over allegations that he fathered a child with a 20-year-old fan, according to Radar Online.

"Selena ended it abruptly," a source says.

"His camp is in damage control mode and attempting to convince her to stick around in the relationship for a few more weeks because they fear it will be seen as an admission that something indeed took place between Justin and the woman who is alleging that he's the father of her baby."

"Selena ended it abruptly."
-SOURCE

Coincidentally, a rep for Gomez was quick to follow up, telling Us Weekly that the breakup rumours are completely untrue. **METRO**

ALL PHOTOS GETTY IMAGES

▶ Back in happier times: Justin Bieber and Selena Gomez

SEARCHING FOR IMMORTALS

Word Search

Hidden in the maze of letters are the names of 13 of the main characters from IMMORTALS, which opens everywhere November 11. They run in all directions, forward, backward, up and down and diagonally.
A clue, the character played by Mickey Rourke - King Hyperion - gets top billing.

Other characters you are looking for are:

Apollo	Lysander	Priestess
Athena	Minotaur	Stavros
Cassander	Phaedra	Theseus
Heracles	Poseidon	Zeus

C V N O I R E P Y H G N I K X
C H A Z T D F O C X K L T Z I
A U N G E B B S J Y P Y S J S
S R E F M U J E S U E S E H T
S K H T I M S I E Y J A N D A
A K T Y N R P D L N M N U K V
N H A P O L L O C V I D K O R
D J R T T N C N A Y Q E K L O
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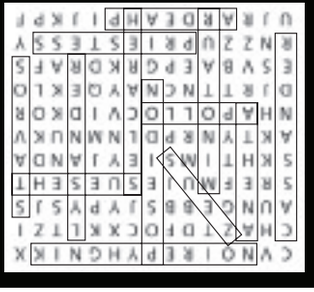

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3 life

Kids & colds

With cold and flu season starting, The Canadian Paediatric Society is issuing some frank guidance about how to treat kids' colds.

Its message: Cough and cold medications aren't advised for children younger than six, and other options like echinacea haven't been proven to prevent or mitigate colds in children.

In fact, it says, there's little that is truly useful except fluids, time and TLC.

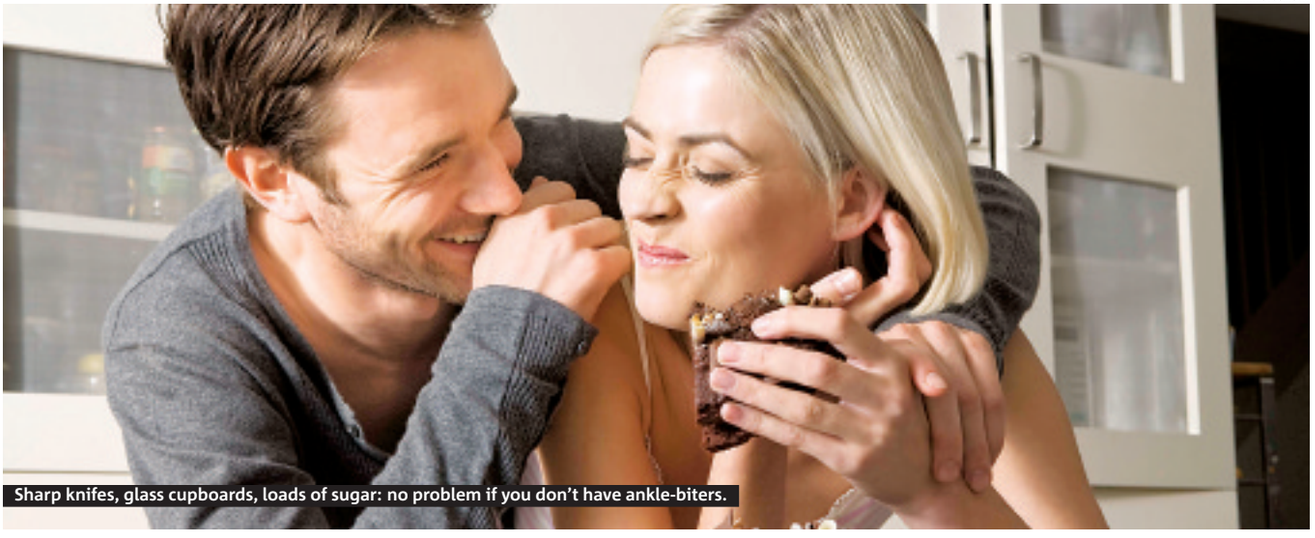
THE CANADIAN PRESS

New app called ShoeBox allows you to use your iPhone as a photo scanner.

Child free & coming out: Not having kids is a choice

With the population at 7 billion, do we really need more kids in the world? Saying you don't want to have children is no longer taboo More people are choosing to stay child-free

THINKSTOCK.COM



Sharp knifes, glass cupboards, loads of sugar: no problem if you don't have ankle-biters.

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEW

As the global population hits seven billion, it's never been a better time to think about whether you really want to bring another person into the world.

Fortunately, in the 21st century, more and more people are seeing parenting as an option rather than an obligation.

"The percentage of women who reach the end of their childbearing years without kids in the U.S. is around 20 per cent now compared to 10 per cent in the 1970s," says Dr. Ellen Walker, author of Complete Without Kids.

She also cites declining birth rates in the West, as well as China and Japan as evidence.

"For me, at age 50, I'm still quite an outsider with my peers, but a woman in her 30s who has chosen to be childfree will have more women her age who are in the same boat."

There are hundreds of reasons for not having kids, from the cost of raising a child, lack of support network to concerns about the ecological impact of adding to an overpopulated world.

The global recession is also a factor. "Many people are concerned about the current and future state of the world and deciding that this is not a place they want to bring children into," says Walker.

It's also a result of openness in society.

Choosing to be childfree is not only becoming a more popular life choice, but unlike their predecessors, the new generation of DINKS — dual-income, no kids couples — don't feel awkward talking about it.

"People are talking openly about the decision and actually viewing it as a choice, rather than an essential life step," says Walker.

"I'm seeing that women in particular are realizing that we can't do it all, and that it's OK to choose either mothering or career and to walk away from the other."

Where parents see raising decent children as their legacy and purpose in life, DINKS channel their energies into projects, charity work, hobbies or volunteer work.

"I encourage child-free adults to take time to consider this legacy question carefully," says Walker.

"If you're not a parent (in a world in which this is still the norm), it's critical to find your own purpose.

"Otherwise, you will likely find yourself having regrets at some point about not having had kids."

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Dinner — on the run

It's one of those busy nights with hockey practice and a ballet recital, but you still want to serve something homemade Try this hearty, speedy soup

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Needing a warm bowl of chicken soup and having the time you need to make it often don't coincide.

Which is why this quick chicken noodle soup is on the table in under 30 minutes.

The trick is to use mostly prepped ingredients, such as rotisserie chicken, frozen peas, carrots and corn, and prepared broth. You can even buy the onion already diced if that helps.

This soup also can be partly prepped ahead in batches to make your weeknight soup needs even easier to handle.

Simply buy several rotisserie chickens and double or triple the veggies needed. Fill zip-close freezer bags with some of each ingredient, add your seasonings, then freeze. When you need a soup fix, just toss the frozen prepped soup in a saucepan with broth, bring to a simmer and add the pasta.

For an especially nice touch, serve this soup with crusty sourdough bread topped with fresh mozzarella and popped under the broiler for a minute. It's great for dunking.

▶ This recipe serves six.

Ingredients:

- 1 kg (2-lb) rotisserie chicken
- 30 ml (2 tbsp) olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 2 ml (1/2 tsp) ground cumin
- 2 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried thyme leaves
- 500 g (1 lb) frozen mixed vegetables (such as peas, carrots and corn kernels)
- 2 L (8 cups) chicken broth
- 250 ml (1 cup) elbow pasta
- Salt and ground black pepper
- 125 ml (1/2 cup) chopped fresh parsley

Preparation:

1. Remove meat and skin from chicken; discard skin and bones. Use your fingers to pull any large pieces into bite-size chunks; set aside.
2. In a large saucepan over medium-high, heat oil and add onion, garlic, cumin, paprika and thyme; cook for about 5 minutes or until starting to brown. Add frozen vegetables and cook for 5 minutes. Add broth and bring to a simmer.
3. Add pasta and cook for 7 to 8 minutes. Add chicken and return to a simmer. Season with salt and pepper to taste. Stir in parsley to serve.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/

THE ASSOCIATED PRESS

Rose Reisman's Swap It

Whether it's movie night or you've just come in from a long day out, pizza snacks are a convenient option. But be careful which ones you choose.

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Soup isn't your thing? Try this quick pasta using frozen Swedish meatballs and fall-inspired vegetables

Stir-fried fall veggies team up with pasta and frozen cooked meatballs for a quick dinner.

Quick Pasta Preparation:

1. In a small bowl or measuring cup, whisk together ketchup, vinegar, soy sauce, sugar and cornstarch until smooth; set aside.
2. Cook pasta according to package directions, omitting salt; drain and toss with 5 ml (1 tsp) of the oil. Cover to keep warm.
3. Meanwhile, in a large deep non-stick skillet, heat remaining oil over medium heat; stir-fry onion for 1 to 2 minutes or until softened. Stir in garlic, ginger and meatballs; stir-fry until meatballs are slightly browned, 3 to 4 minutes.
4. Add broccoli and red pepper; stir-fry for 2 to 3 minutes. Add broth; cover, bring to a boil and cook for 3 to 4 minutes or until broccoli is crisp-tender.
5. Stir cornstarch mixture. Push ingredients to side of pan and gradually stir in starch mixture, stirring constantly until thickened. Stir in cooked pasta and heat until hot. Serve in bowls.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients:

- 45 ml (3 tbsp) each ketchup and rice wine or cider vinegar
- 30 ml (2 tbsp) each sodium-reduced soy sauce and granulated sugar
- 15 ml (1 tbsp) cornstarch
- 500 ml (2 cups) uncooked curly twisted vegetable pasta
- 30 ml (2 tbsp) vegetable oil
- 1 medium onion, thinly sliced
- 1 clove garlic, minced
- 7 ml (1 1/2 tsp) finely grated ginger root
- 250 g (8 oz) Swedish cooked meatballs (about 500 ml/2 cups)
- 500 ml (2 cups) broccoli florets
- 1 small sweet red pepper, thinly sliced
- 375 ml (1 1/2 cups) beef broth

THE CANADIAN PRESS H/O

▶ This recipe makes four servings.

FINDING THE KEY TO RECYCLING

Our office just had the locks changed. Can we recycle our old keys? *Kim of Vancouver*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Why yes, you can!

Keys are considered scrap metal, but you cannot put them into your curb-side blue bins.

You need to find a metal recycler near you. To find a depot location, call the B.C. Recycling Hotline at 604-732-9253 or 1-800-667-4321 outside the Lower Mainland. Their phone lines are open Monday through Friday from 9 a.m. to 4 p.m. You can also email your inquiries to hotline@rcbc.bc.ca. They're outfitted with many hotline operators who would be happy to get back to you, and fast.

Since you'll be collecting and dropping off a bunch of office keys, make the trip worthwhile.

Extend your collection to the "extra" keys your co-workers are toting around.

Too many of us are weighed down by keys and we don't even recall what they're for.

Ask your co-workers to scour drawers and keychain holders at home.

Once you find a metal recycler, it doesn't hurt to give them a call to confirm that they accept keys. One option I found is David's Trading and Supply Ltd. in Vancouver.

They accept stainless steel, brass, coppers, aluminum and more. Check out davistrading.com.

David Suzuki Foundation

ISTOCK PHOTOS

▶ It's easier than you think to find a place to recycle keys.

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Nothing will get in his way

Restaurant owner Jason Graca was adamant from a young age that he would live a life without limitations

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Jason Graca was five years old when he stared directly into his Dad's videocamera and announced, "I want to be an entrepreneur when I grow up."

Graca was born with cerebral palsy but he always looked beyond his wheelchair and was certain that a whole world of opportunity was waiting before him.

Three long years of saving, sacrifice and putting some money into the bank and Jason began to visualize his future as an entrepreneur.

PROVIDED

▶ Jason Graca has got plenty to smile about.

"I cut back on all the fun stuff," he says with a laugh.

After researching business opportunities, Jason bought an existing restaurant in London's Covent Garden Market.

Honouring his Portuguese roots, Graca gave it an ethnic twist and renamed it Manito's Rotisserie.

It quickly became a hit and now Graco is looking at franchising his business.

He has a message for anyone with an idea and the dream of being their own boss.

"Don't give up on your dreams because you've got extra obstacles. I think the key is perseverance and stubbornness to be honest.

I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."

"I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."
JASON GRACA
OWNER OF MANITO'S ROTISSERIE

PROVIDED

▶ Jason Graca in his popular Portugese restaurant, Manito's Rotisserie.

Jason's tips

Cooking up success

- Passion is the driving force behind entrepreneurship. It keeps a person going during long nights and hard times.
- Persevere. A business owner can't do everything right all the time. Learn from your mistakes and turn them into successes.
- Study your failures. I'm still learning new things every day.
- Have a great team around syou. It's essential to have good people to talk to and bounce ideas around — good or bad.

Does a.m. equal A plus?

If most of your classes are in the afternoon, consider a switch ◐ Early birding might just boost your grades

CASSANDRA GARRISON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Wake up — it might improve your G.P.A. A recent study shows that students who drag themselves out of bed to get to an early class actually have better grades.

Two psychology professors at St. Lawrence University in New York surveyed about 253 students. Their research found that students with 8 a.m. classes tend to have more regular sleep patterns and stricter daily routines, which could account for their better grades. Those students also tended to have an earlier bedtime and avoided drinking into the late night hours.

ISTOCK

▶ When it comes to school, time is not always on your side.

Pamela Thacher, the study's co-author, told The New York Times, "For every hour of class that you have later, you get about a .02 difference, so three hours of difference between class start times will result in a .06 difference in grades."

She cited an example of a student with early classes earning a 3.2 G.P.A. compared to a student with later classes earning a 3.0 average.

The findings reverse the assumption that later classes allow for students to be better-rested and more alert. Instead, it appears students who don't have to get to class until the afternoon tend to stay up later, consume more alcohol and have lower grades.

So, when you're scheduling your classes for next semester, will you be inclined to choose the earlier options?

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4 sports

FRANK FRANKLIN II/THE ASSOCIATED PRESS

▶ Jets goalie Ondrej Pavelec, left, lets in a goal by the Rangers' Derek Stepan last night at Madison Square Garden.

Jets freeze up on the Broadway stage

Rangers backup Biron perfect on 23 Jets shots in low-energy N.Y.C. game

Marian Gaborik scored on an odd-man rush and into an empty net in the third period and Derek Stepan had a goal and an assist to help the New York Rangers beat the Winnipeg Jets 3-0 last night.

Martin Biron stopped 23 shots for his first shutout in more than two years, improving to 3-0 in his fourth appearance of the season.

The Rangers won their fourth straight despite another inefficient performance by the power play. The Jets still are 3-2-1 on a seven-game road trip.

A night after they only scored on a two-man advantage in nine power plays, the Rangers came up empty in more than 90 seconds of two-man advantages.

For Gaborik's second goal, he backhanded the puck up and over Zach Bogosian from the blue-line into the empty net.

Stepan's goal came on the Rangers' second power play of the night. With Andrew Ladd off for high-sticking, Stepan buried a chance at 10:01 of the second period. Marian Gaborik and Michael Del Zotto assisted.

Stepan leads the Rangers with four points on the power play, after an assist on Saturday night against Montreal and Sunday's goal.

Ondrej Pavelec made 24 saves and kept the Jets in the game for most of it, including when he made nearly identical saves to thwart Erik Christensen on the doorstep during the long 5-on-3.

He was outplayed by Biron, who had to make few spectacular plays, but kept the puck out during a long first-period scrum in the crease during which the puck wasn't blown dead for several seconds.

THE ASSOCIATED PRESS

RANGERS	JETS
3	0

Saturday night

Adam Henrique scored his second goal of the game in overtime in the New Jersey Devils a 3-2 win over the Jets on Saturday night.

▶ Mark Flood scored in the third period for Winnipeg, his first NHL goal, and assisted on Jim Slater's goal that tied the game with three minutes remaining in regulation.

Quoted

"We've had an opportunity to play them quite a few times, so they know us, we know them, and it should lead for an exciting, good football game."

EAGLES COACH ANDY REID, ON HIS TEAM PLAYING THE CHICAGO BEARS TONIGHT. CHICAGO HAS WON THREE OF THE LAST FOUR MEETINGS AFTER LOSING FIVE STRAIGHT TO PHILADELPHIA BETWEEN 1999-2004.

NBA players given offer with expiry date

NBA players have until Wednesday to accept Commissioner David Stern's latest offer, though the response already seems obvious.

"Right now, we've been given the ultimatum, and our answer is that's not acceptable to us," union president Derek Fisher said.

But the next proposal promises to be worse, surely moving players and owners even further apart and threatening to destroy the 2011-12 season.

Early yesterday morning, the league said it offered players up to 51 per cent of basketball-related income — a figure the union insists is fiction. Regardless, it will drop to 47 per cent Wednesday if players don't accept the offer by the league-imposed deadline. No agreement by the deadline likely will trigger more calls to disband the union and take on the league in court.

"It's fair to say that there are some who believe a vote to decertify is a vote to end the season," said a person familiar with the owners' thinking who spoke to The Associated Press on condition of anonymity.

THE ASSOCIATED PRESS

Scan code for more sports news.

Alouettes limp into CFL playoffs

Suddenly, the road back to the Grey Cup is a more perilous one for the Montreal Alouettes.

The Alouettes begin defence of their CFL title Sunday when they host the Hamilton Tiger-Cats in the East Division semifinal. While Montreal has a number of battle-tested veterans, the club heads into the playoffs having lost three straight games.

The latest defeat was a lopsided 43-1 decision to the B.C. Lions in a game the two-time defending champions needed to win in order to clinch top spot in the division.

Instead, that honour went to the Winnipeg Blue Bombers, who finished the season tied with Montreal with a 10-8 record after a 30-24 loss to Calgary on Saturday, but took top spot after winning the season series.

B.C. cemented first in the West Division with its win over Montreal despite ending the season tied at 11-7 with Edmonton and Calgary. The Lions won the season series with both of the conference rivals.

Edmonton will host Calgary in the West Division semifinal Sunday. The Lions and Bombers both earned the right to host their respective conference finals.

The key for Montreal is quarterback Anthony Calvillo, who led the CFL in passing (5,251 yards) and touchdowns (32). But Calvillo was just 47-of-97 passing for 642 yards with a touchdown and three interceptions in the Alouettes' final three regular-season games.

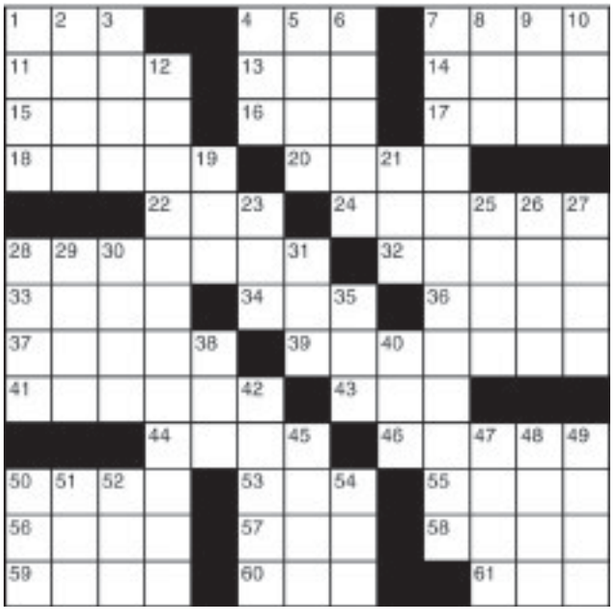
However, Montreal's late-season troubles weren't relegated to just Calvillo. Opponents outscored the Alouettes 101-53 in those three games.

THE CANADIAN PRESS

791

Passing yards for quarterback Drew Tate in Calgary's last three games. Calgary won all three games as Tate completed 63-of-96 passes for four TDs.

Crossword



Across

1 Wrigley product
4 Cleopatra's snake
7 Highway
11 From the start
13 Zero
14 Loosen
15 Peru's capital
16 Genetic evidence
17 Gas in signs
18 Coral ring
20 Potter's oven
22 Youngster
24 Rid of frost
28 Custodian
32 Battery terminal
33 Prayer ending
34 Card player's call
36 Stefani Germanotta, a.k.a. Lady —
37 Neighbor of Leo and Libra
39 Klutz
41 Makes sense
43 Chinese "way"
44 Jog
46 Peppermint —
50 Bamako's country
53 Knight's address
55 Comical Caroline
56 Grand story
57 Anger
58 Sketch
59 Tech whiz
60 Danson or Nugent
61 Coffee vessel

Down

1 Big party
2 Troop group
3 Note
4 Moreover
5 Go under
6 Tartan pattern
7 Feature near the door of a really old car
8 Indivisible
9 Commotion
10 Get dressed in
12 Cane
19 Torched
21 Meadow
23 Pooch
25 Furnace fuel
26 Rim
27 Darling
28 Coffee, slangily
29 Surrounded by
30 Uncool sort
31 Cage component
35 Pecan or almond
38 "— Town"
40 Atlas page
42 Suggest
45 Grow weary
47 By way of, for short
48 Rip
49 Show boredom
50 "Family Guy" daughter
51 Gorilla
52 Whopper
54 Crimson

▶ Yesterday's answer

B	A	S	I	C		I	S	M		F	D	A
A	L	A	M	O		N	E	O		E	R	R
H	E	M	A	N		S	A	M	U	R	A	I
		O	M	E	L	E	T		S	A	W	S
J	O	Y		S	A	C		T	U	L	L	E
I	D	E	A		S	T	A	I	R			
M	E	D	D	L	E		U	N	E	S	C	O
			A	I	R	E	D		R	A	I	D
W	E	D	G	E		X	I	I		M	A	O
A	M	O	I		D	E	T	R	O	P		
S	A	N	D	V	A	R		I	N	L	A	W
T	I	E		A	N	T		S	C	E	N	T
F	L	D		N	A	S		H	E	R	D	S

Sudoku

		3	4					
8		2						
	9			1			3	8
7					3	2	1	
		1		9		4		
	6	5	1					7
9	7			6			4	
						3		9
					5	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	9	6	3	5	1	8	2	4
1	2	3	8	6	4	9	5	7
8	4	5	2	7	9	1	3	6
5	3	2	6	8	7	4	1	9
6	1	9	4	2	3	7	8	5
4	8	7	9	1	5	3	6	2
9	5	4	1	3	6	2	7	8
3	6	8	7	4	2	5	9	1
2	7	1	5	9	8	6	4	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

King
You were fabulous Saturday afternoon. Who wouldn't adore you after a performance like THAT? **FROM YOUR #1 ADMIRER**

Laura Aly Moya
Seeing your beautiful face everyday drives me crazy! Your beautiful smile, your beautiful brown eyes, and your amazing personality. If you would give me a chance I'd be the luckiest guy ever... So , here I go ! Laura , will you be mine ? :$
FROM CESAR

Jory
Hey babe just want u to know i love u more than anything in the world.I also want to wish u a happy birthday. looking forward to a future with u in it. :)
FROM HEHE:)

lalala...
love ya, miss ya, kiss ya :)
FR

A look at the weather

TODAY	TUESDAY	TUESDAY
Min -2°	Min 2°	Min 2°
Max 7°	Max 10°	Max 10°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
There is every possibility that you will come up with an idea that could change your life today.

♉ Taurus April 21-May 21
Don't be scared to blow your own trumpet this coming week.

♊ Gemini May 22-June 21 If there is something important that you need to say then say it now.

♋ Cancer June 22-July 22 You will be much more confident about your ideas over the next few days.

♌ Leo July 23-Aug.23 You need to be more open about your thoughts and feelings, especially if you are the kind of Leo who likes to project an image of self-control.

♍ Virgo Aug. 24- Sept. 22 You will find it easy to win friends and influence people today.

♎ Libra Sept. 23-Oct. 23 You have been worrying about your money situation for no good reason.

♏ Scorpio Oct. 24-Nov. 22 Speak up and let employers and other important people know what you think about what's been going on, both in your work place and in the wider world.

♐ Sagittarius Nov. 23-Dec. 21 There is a time and a place for work and a time and a place for play and the two should be kept as far apart as possible today.

♑ Capricorn Dec. 22-Jan. 20 Find something positive to say about everyone you meet.

♒ Aquarius Jan. 21-Feb. 18 No matter how difficult the challenges you have to face this coming week you will overcome them with ease.

♓ Pisces Feb. 19-March 20. Say what is on your mind, even at the risk of offending people.

SALLY BROMPTON

Caption contest

ROB GRIFFITH/ THE ASSOCIATED PRESS

ITSUO INOUYE/ THE ASSOCIATED PRESS

WIN!

You write it!

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Available on the App Store

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